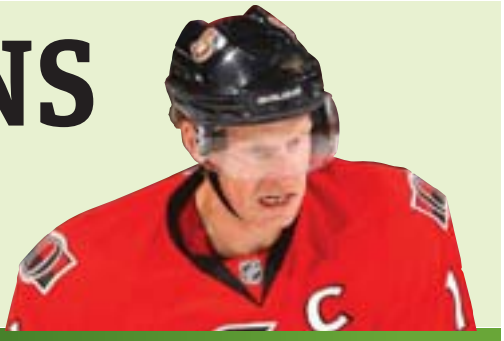
NEIL YOUNG BRINGS LE NOISE
SINGER ON LOVE AND WAR {page 18}

LEAFS/SENS

PRE-SEASON OR NOT, ALWAYS AN EVENT {page 32}



OTTAWA metro®
Thursday, September 30, 2010
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Teary military sendoff for Jean

Outgoing Gov. Gen. arrives at parade at War Museum to 21-gun salute ◗ Speaks emotionally of repatriation ceremonies ◗ Term ends today with tree-planting

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Gov. Gen. Michaëlle Jean holds back tears while talking to veteran Charles Belzile during a military ceremony yesterday.

The tears rolling down Gov. Gen. Michaëlle Jean's cheeks as she walked off the parade ground yesterday were tears, she said, of joy.

But there was no mistaking the sense of melancholy mixed with celebration as Jean's term as vice-regal — and military commander-in-chief — ends following Canada's bloodiest five years of combat since the Korean War.

Jean discarded the opening lines of her prepared speech to directly address Defence Minister Peter MacKay and Gen. Walt Natynczyk, chief of the Defence staff, to thank them for their support during the repatriation of so many dead soldiers at CFB Trenton. "Indeed we stood together on the tarmac in difficult times," she said, her speech halting.

"We never took it for granted. We felt included by the families who allowed us to share their grief. They always had the right words, and we were together as one."

THE CANADIAN PRESS

Local

Ottawa runs for the cure

◗ Runners to hit the bricks to end breast cancer this weekend ◗ Men join battle ◗ Family members recall relatives' fight {pages 4 & 5}

Terror scare rattles Europe

Plot included 'Mumbai-style' shooting sprees {page 10}

Anybody want to pay for my party?

Nick Cannon soliciting sponsors for his big 3-0 {page 24}

Ottawa's Fab Four

Local designers take stage at Home and Design Show {page 30}

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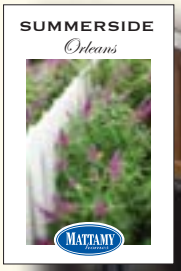

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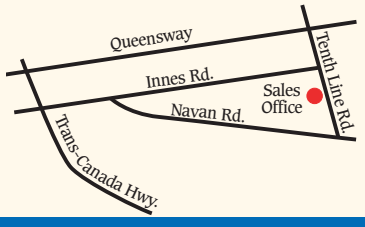

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Mayor not sold on ruling

O'Brien appalled by court decision to decriminalize 'living off of the avails of prostitution' and 'communication for the purposes of prostitution'

TIM WIECLAWSKI/METRO OTTAWA

Larry O'Brien has promised that Ottawa police will keep up their routine prostitution sweeps of city streets.

TIM WIECLAWSKI
@METRONEWS.CA

While the decision by an Ontario judge to strike down several key provisions of Canada's prostitution laws is being appealed, things won't change for sex-trade workers and clients in Ottawa.

"I'm determined to make sure that business gets carried on like usual for the next 30 days at least," Mayor Larry O'Brien said yesterday.

"After that, we'll have to take a look at the laws and take a look at the status of the appeal."

The mayoral incumbent said he supported Justice Minister Rob Nicholson's decision to appeal the decision.

Suzanne Valiquet, executive director of the Quartier Vanier Business Improvement Area, supported O'Brien's position, saying it has the potential to undo a lot of the work they have done to improve the area.

"This new ruling is not about the individuals setting up business here and screening their clients," said Valiquet.

"What they are doing here is allowing people who have drug addictions to continue to have drug addictions."

Mayoral race

Elsewhere on the campaign trail:

- After meeting with executive directors of Ottawa's business improvement areas, Jim Watson promised to hold regular meetings with Council of Business Improvement Areas to discuss projects for improving small business opportunities.
- Clive Doucet will present his platform on taxes and spending, called A City That Knows Value: Getting The Most For Your Tax Dollar, at his campaign office this morning. Doucet will also unveil new online, not-on-lawn campaign signs.

Cops seek tips in pedestrian death

A 31-year-old woman is dead after being struck by a dump truck near the intersection of Orleans Boulevard and Navan Road yesterday.

She was hit at 9:25 a.m. Paramedics arrived minutes later to find the victim without vital signs, and treated her for critical head injuries.

She was declared dead minutes after arriving at hospital. Witnesses to the collision are asked to call police at 613-236-1222 ext. 2481. TRACEY TONG

Fire causes $325K in damages

A family has been displaced after a fire caused $325,000 in damages at a Parkwood Hills home Tuesday.

The fire broke out in a double detached garage at 40 Inverness Ave. just after 5 p.m., extending into the house through the rear wall and attic.

The entire garage, as well as a vehicle and a boat, were destroyed. There was heavy smoke damage throughout the home.

TRACEY TONG

Don't have your voter notice yet?

Voters who have not received their voter notices by today should contact the Election Office at 613-580-2660 or the city at 3-1-1 to find their voting location. The notice includes details on when and where residents can cast their ballot. Voters can also find this information at ottawa.ca/vote.

TRACEY TONG

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Was Maclean's wrong about its cover story on Quebec corruption? More at metronews.ca/spindoctor

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Top raiser of cancer cash remembers mother fondly

Bernadette Lansbergen never had an easy go of it.

She suffered from arthritis and circulatory disease and in 2006, was diagnosed with breast cancer.

That year, her son, Ottawa resident Paul Lansbergen, participated in the Run for the Cure for the first time.

But in 2008, the disease came back for Bernadette – called Bernie by her friends – and claimed her life. She was 61.

That year, Lansbergen raised $10,000 for the Canadian Breast Cancer Foundation, a feat he repeated for the next three years as one of the area's top individual fundraisers.

"She was very strong-willed," Lansbergen said of his mother. "She was an inspiration for me. She's the strongest person I've ever known."

$1.6M
The fundraising goal of the Ottawa-Gatineau Run for the Cure.

This Sunday, Lansbergen won't be participating with 9,000 others in the Run for the Cure at Lebreton Flats. As the 2010 volunteer run co-director, he'll be too busy, but will run the route on Saturday instead.

So what would Bernie think of Lansbergen's accomplishments?

"I'm sure she's looking down and she's happy with what we're doing," he said.

TRACEY TONG

Ottawa runs for the Cure to breast cancer

- Many will have stories to share at this weekend's Run for the Cure
- One in nine women will be diagnosed with breast cancer in their lifetime

TRACEY TONG
@METRONEWS.CA

Sunday's Run for the Cure marks a happy occasion of sorts for Eva Nagy.

After all, it will be the first time in years that her whole family is taking part in the event in good health.

In 2008, Nagy, who had been diagnosed with breast cancer earlier that year, participated with "a going-bald head."

In 2009, she wore her IV in a fanny pack while her husband, Duncan, also battled cancer.

But this year, the family of four is taking part as Nagy leads a 30-person team, Cancer Sucks.

At age 41, she was diagnosed with lobular breast cancer after discovering a puckering on her breast.

She underwent a bilateral mastectomy and had her lymph nodes removed, but suffered complications.

She credits her support system, doctors and physiotherapy for her recovery.

"I think it's important for people to see survivors cross the finish line. It's such a tough go and such a huge goal. A lot of people are really struggling to make it across the finish line and it's a proud moment for a lot of people. It's such a metaphor for cancer and going through treatment."
EVA NAGY, BREAST CANCER SURVIVOR

"We need to raise awareness," she said. "Don't stop at the ultrasound. If you feel something is wrong, get it checked.

"Trust your gut. Your gut will tell you if something is wrong."

READ FRIDAY'S SPECIAL PINK METRO ISSUE!

METRO PROUDLY TURNS PINK WITH SUPPORT

This Friday, October 1, Metro around the world – in 100 cities, across four continents – will be pink in support of the global Breast Cancer Awareness Campaign. Inside you'll find the latest health information plus remarkable stories of strength, courage and hope.

Don't miss our special Pink Metro issue. Only this Friday!

Exclusive stories from Metro's Global editorial team in London and 500 journalists in 4 continents for 17 million Metro readers worldwide. There are things that only the largest global newspaper can do!

metro

TRACEY TONG/METRO OTTAWA

earing this year's breast cancer survivor shirt, Run for the Cure participant Eva Nagy relaxes at home with her dog, Rocky.

Men join fight to beat breast cancer

The cause is breast cancer, but one of the biggest, highest-profile teams coming out for the Ottawa-Gatineau Run for the Cure on Sunday is mostly male.

Led by co-captains Police Chief Vern White, Mayor Larry O'Brien, media personality Graham Richardson, and Ottawa philanthropist Shawn Dawson, the 100 Man Run team will be donning pink T-shirts for the Canadian Breast Cancer Foundation once again.

Team founder Amanda O'Reilly helped start the run four years ago, after losing a good friend, Ottawa resident Michele Brown, to the disease.

"She fought the good fight, but we lost her all too soon," said O'Reilly.

In its fifth year, the 100 Man Run team has over 167 participants, both male and female, but they're keeping their name. TRACEY TONG

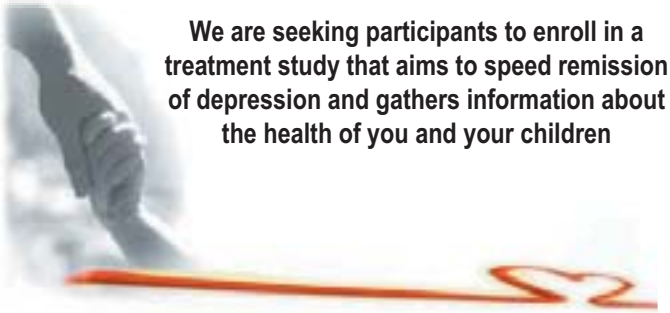
Run

This Sunday at Lebreton Flats, look for breast cancer survivors in pink shirts.

- **Attitudes** These women have amazing attitudes, said Amanda O'Reilly, pictured at left. "They're fighting the fight and raising money."
- **Progress** Great strides have been made in breast cancer research, said volunteer run co-director Paul Lansbergen. The five-year survival rate is now 87 per cent.
- **Mortality rate** The mortality rate for breast cancer has gone down 25 per cent in the last 20 years, he said.

Are you a parent with
Depression?

Both you and your child can benefit when you seek help



We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
- All research has been approved by the Research Ethics Board
- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential

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Keyword: ottawa1

We are committed to employment equity. Individuals who consider themselves aboriginal, visible minorities, and/or people with disabilities are encouraged to apply.

Snow-removal operators get jump on winter

Ottawa receives an average of 242 cm of snow during the winter The city has to plow more than 980 km of roads and nearly 965 km of sidewalks

TIM WIECLAWSKI/METRO OTTAWA

▶ Drivers practice operating plows at a city facility on Trim Road.

Winter is a few months away, but the City of Ottawa is getting into snow-removal mode now.

Over the next few months, operators will be training on, and getting reacquainted with, snow-removal equipment.

The fleet department will put up to 400 students through the school over the next three months, said Dan O'Keefe, the city's manager for road and traffic operations.

Operators are training on plows, salt trucks, graters, loaders and smaller sidewalk plows at training schools around the city.

Training starts in the classroom, but finishes on roads around Orleans, Cumberland, Kanata, Stittsville and Bells Corners to give operators some time to get accustomed to maneuvering in traffic.

Salt trucks are one of the most technical machines, since it requires constant multitasking, said O'Keefe.

"They have to monitor the traffic conditions, they apply salt and they are also running controls for the plows that move the snow," he said. "It's a fairly complicated skill to operate one of these things."

TIM WIECLAWSKI

Students. Charity

▶ Saelym, right, of Baker Lake joins other native children as they play with the One Laptop Per Child for Aboriginal Youth Canada laptops during the official launch of the program in Ottawa yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

Laptops go where they're needed

Tower to get green upgrades

$60M

The cost per year of updating Ottawa Community Housing's inventory.

Residents of an Ottawa Community Housing tower at 215 Wurtemburg St. will be getting some environmentally sustainable upgrades.

Yesterday, the Home Depot Canada Foundation presented OCH with a $25,000 Affordable Housing Grant to purchase new energy-efficient light fixtures and water-saving devices.

TIM WIECLAWSKI

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

01-27-10

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Saturdays: 9am to noon (6 Levels)
September 27 to December 18, 2010

ENGLISH AS A SECOND LANGUAGE (5 LEVELS)
September 27 to December 18, 2010

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (4 Levels)
October 12 to November 5, 2010
Level 1 and 3 – 12:30 pm to 3:30 pm;
Level 2 and 4 – 9 am to noon
November 15 to December 1, 2010
Level 1 and 3 – 9 am to noon;
Level 2 and 4 – 12:30 pm to 3:30 pm

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CRIME

OLG seeks lotto ticket's true owner

The search is on for the "rightful" owners of a $12.5-million lottery ticket after police announced yesterday that a family has been charged with stealing the jackpot.

A father, his son and daughter all face charges after allegedly stealing a Super 7 ticket in Burlington, Ont., in 2003.

Ontario Lottery and Gaming said it has a system in place that may help find the real winner.

"We don't know the identity of the person who bought the ticket because, historically, lottery in Canada has been anonymous,'' said OLG chairman Paul Godfrey, pictured left.

THE CANADIAN PRESS

Protestors derail Europe

Anti-austerity protests erupted across Europe yesterday as Greek doctors and railway employees walked off the job, Spanish workers shut down trains and buses, and one man even blocked the Irish parliament with a cement truck to decry that country's enormous bank bailouts.

Strikes were also taking place in Greece, Portugal, Ireland, Slovenia and Lithuania, all aimed at the budget-slashing, tax-hiking, pension-cutting austerity plans that European governments have implemented to control their debt.

THE ASSOCIATED PRESS

Financial collapse

- Several governments have been pushed to the brink of financial collapse and forced to impose punishing cuts in wages, pensions and employment — measures that have brought workers out by the tens of thousands to protest in recent months.

Population tops 34.1M

Canada's population was estimated at 34,108,800 on July 1, up 120,800 or 0.36 per cent from April 1.

Statistics Canada reports Alberta, Saskatchewan and Manitoba posted the highest rates of population growth among the provinces.

THE CANADIAN PRESS

Mink-lined streets of Ireland

Managers at Anderson's Mink Farm in northwest Ireland said yesterday that many of their cages and fences were cut and opened over the weekend, freeing an estimated 5,000 animals into the wild.

THE ASSOCIATED PRESS

Family helps mother cope with treatment

STEVE LAMBERT/THE CANADIAN PRESS

▶ Janis Ollson poses with her family outside their Balmoral, Man., home.

Manitoba woman dealing with life after radical cancer surgery

Janis Ollson's cancer called for radical treatment: Surgeons cut her skeletal structure in half, removed a leg and part of her pelvis, and put her back together again.

Then she had to learn to get around with a wheelchair, crutches and prosthetics. All this while raising two small children and fielding calls from reporters around the world who want to talk to the "cut-in-half" woman.

It's an ordeal that could sour anyone, but Ollson has used her love of family to see the silver lining.

Ollson developed back pain three years ago. Her doctor had her tested and came back with shocking news — Ollson had a large cancerous tumour on her pelvic bone.

Removing the cancerous mass would involve removing the left half of Ollson's pelvis, her left leg and part of her backbone.

But putting her back together would require an experimental procedure called a "pogo stick" rebuild.

"When you have young children you don't have the option of just lying in bed all day."
JANIS OLLSON, CANCER SURVIVOR

With Ollson's pelvis completely severed from her spinal cord, part of the bone from her amputated leg would be reshaped and used to fuse her remaining leg to her upper body.

When she awoke to her new reality, a long road of rehabilitation lay ahead.

It was her children that made her determined to regain mobility.

"When you have young children, you don't have the option of just lying in bed all day. You have to get up and do things," she said.

It took a year for Ollson to balance on crutches, but she developed strength and agility and now gets around very well.

THE CANADIAN PRESS

Cancer drugs are costly, says study

The cost of cancer drugs that need to be taken at home can be devastating to families, the Canadian Cancer Society said yesterday, as it renewed its call for more coverage of catastrophic drugs.

Andrew Goodridge, of Fredericton, was 41 when he was diagnosed in March 2009 with stage 4 colorectal cancer that had metastasized and spread to his liver.

"I wasn't so much concerned until I went to the pharmacy and found that it costs $6,250 per month," he said.

Goodridge thought he was well prepared because he had the best Blue Cross plan available in the province and he'd taken out personal disability insurance as well.

But his drug wasn't covered, he said.

THE CANADIAN PRESS

85%
of those polled would see a negative impact on their family's overall financial situation because of the cost of cancer drugs if they were diagnosed with the disease.

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Return to Canada

▶ Former British parliamentarian George Galloway, left, embraces a Palestinian Muslim cleric Tuesday in Istanbul, Turkey.

DENIED ENTRY IN 2009

"I'M COMING TO GET YOU WITH MY ARGUMENTS, MR. KENNEY"

Armed with a judge's ruling, British activist George Galloway blasted Ottawa yesterday for his aborted Canadian visit 18 months ago as he announced plans to speak in Toronto this weekend.

Speaking from London via Skype, the rabble-rousing politician attacked Immigration Minister Jason Kenney for branding him a terrorist and trying to stifle his anti-war views.

"I'm coming to get you with my arguments, Mr. Kenney," Galloway said. "I'm going to establish either that you're a fool or that you're a knave — in any case, that the people of Canada deserve better than you."

Kenney could not immediately be reached for comment.

Galloway was scheduled to speak in Canada in March 2009, but decided against coming after Ottawa said he would likely be denied entry.

The government cited his dealing with Gaza's elected Hamas government, which Canada considers a terrorist organization.

On Monday, a Federal Court judge found the government had acted politically to suppress his opinions.

The government's actions, he said, had only served now to give him a bigger platform, and he promised to "pack them in" Sunday when he speaks in Toronto.

Immigration officials could still deny him entry, but Galloway said he hoped the court's "judicial caning" of Kenney and his colleagues would prompt them to accept defeat. THE CANADIAN PRESS

Terror plot targets Europe

- Eiffel Tower evacuated as a precaution
- Terror arrest in Spain
- Search continues for al-Qaida operatives in Pakistan

European security officials said yesterday a terror plot to wage Mumbai-style shooting sprees in Britain, France and Germany is still active and that sites in Pakistan — where the threat was intercepted two weeks ago — are being scoured for al-Qaida operatives.

The plot was still in its early stages and not considered serious enough to raise the current terror threat level, officials said. Still, the Eiffel Tower in Paris was briefly evacuated Tuesday, the second time in the past week, because of an unspecified threat, and police were on alert in Britain and France.

"This plot was in its embryonic stages," a British government official who spoke on condition of anonymity because of the sensitivity of his work told The Associated Press yesterday. "This one has preoccupied us more than others in the past few weeks — and it is still active — but it has not raised enough alarms to change our security threat level."

The announcement came as Spanish authorities announced they had arrested a U.S. citizen of Algerian origin on suspicion of financing al-Qaida's North African affiliate. THE ASSOCIATED PRESS

ASSOCIATED PRESS/SANG TAN, FILE

▶ In 2005, co-ordinated terrorist attacks on the London transit system — including this double-decker bus — killed 52.

Attacks

Europe has been a target of numerous Islamic terror plots:

- **Madrid.** In 2004, 10 shrapnel-filled bombs exploded on trains during rush hour, killing 191 people and wounding about 1,800.
- **London.** In 2005, suicide bombers killed 52 rush-hour commuters in London aboard three subway cars and one bus.

N. Korean leader marks son as heir

North Korea's ailing leader Kim Jong Il has laid the groundwork for a transition of power to his youngest son, but it remains to be seen if the reclusive nuclear-armed regime will soften its combative stance toward the international community.

This week's elevation of Kim Jong Il's youngest son, Kim Jong Un, as a four-star general and to a key position in the ruling communist party signalled that the little-known 20-something is on track to eventually succeed his 68-year-old father, believed to have suffered a stroke in 2008. THE ASSOCIATED PRESS

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India renews ban on bulk text messages

Hindus say mosque, built in 1528 by the Mughal emperor Babur, was erected at the birthplace of Rama

RAJANISH KAKADE/THE ASSOCIATED PRESS

▶ Hindu and Muslim volunteers release a white pigeon, symbol of peace, ahead of the Ayodhya verdict in Mumbai, India.

India has imposed a countrywide ban on sending bulk text messages amid concerns that a potentially explosive court judgment on who should control a disputed holy site could spark unrest, a top official said yesterday.

Meanwhile, Indian authorities have deployed nearly 100,000 police officers in the streets of New Delhi and put fighter jets on standby to help protect the Commonwealth Games, the largest international sporting event ever held there.

The Allahabad High Court is scheduled to rule Thursday in the 60-year-old case on whether the site in the town of Ayodhya should be given to the Hindu community or returned to the Muslim community to rebuild the 16th-century Babri Mosque that was razed by Hindu fanatics in 1992.

Home Minister Palaniappan Chidambaram said Wednesday that the bulk texting ban was temporary but did not say how long it would remain in effect. He said some people were found to be sending messages in an attempt to incite others.

The ban on bulk texting — sending messages to many cellphone users simultaneously — was first imposed last week, when the verdict was initially due to be given.

THE ASSOCIATED PRESS

Virginia. Return

▶ Alexis McGregor, 6, a first-grader at Redbud Run Elementary School in Winchester, Va., reacts as her father, U.S. Army Sgt. Jon McGregor, 27, surprises her by showing up at her school at lunchtime Tuesday.

RICK FOSTER/THE ASSOCIATED PRESS

Dad comes marching home

Alexis did not know her father was home on leave from Afganistan for the first time since April 2010.

Cops lay charges in teen sex assault

Police have laid the first charges in the sexual assault of a teenaged girl who investigators say was drugged and raped by several males while others watched and posted pictures of the attack on Facebook.

A 16-year-old Maple Ridge, B.C., boy made his first court appearance yesterday, charged with one count of producing child pornography and another of distributing it.

"These charges stem from the taking of photos during a sex act and posting those photos on social networking sites," Sgt. Peter Thiessen said in a news release.

THE CANADIAN PRESS

Return

The 16-year-old victim has returned to school and her family has said she is struggling to get her life back.

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The Ultimate
RESORT COTTAGE ON THE LAKE!

Everyone has a favourite memory of spending summers at the cottage. The cottage experience is as Canadian as gourmet bacon or real maple syrup and should be experienced by everyone at least once in their life.

So here I go looking into the options I have to share the cottage experiencers I had with my children. What are the options and how can I afford them?

As I looked into cottages I found it was quite simple to find something to rent but what about ownership! The thought of being able to escape after a long week at work would be great. What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his three brothers chipped in five thousand and they got a little place with an out house on Chandos Lake up near Apsley, Ontario. All I could find for twenty grand nowadays was a pop-up tent trailer that we would need to tow around to campgrounds. Camping wasn't going to be an option anyway as my wife's idea of roughing it was a hotel without room service. Although RV parks seemed like a good option, activities for the kids, secure in the off season, I just couldn't get the picture of trailer park boys out of my head.

The cottages I liked seemed to cost as much as my home if not more. The more I thought about cottage ownership the more I realized it would mean two houses to maintain and the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 weeks wasn't the answer either, besides we can only play so many games of crazy eights before the kids would get bored.

Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campground either. They call them "Resort Cottages" or "Park Model Homes". Just imagine a small cottage beautifully decorated for only $59,900 to $129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only $39,900.

It turns out that RV's (recreational vehicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances.

McCreary's Beach Resort on Mississippi Lake was the perfect spot for me and my family. Only 60 minutes from Ottawa with great fishing and loads of activities, McCreary's Beach is one of the best lake front properties I have come across and some of the best family resorts we have ever seen. They made owning a "Cottage" easy and cost effective...without a catch.

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Jury erred in convicting Black: Lawyer

Former media mogul's conviction underpinned by notion he stole money, not by disputed law: Prosecution

A lawyer for Conrad Black has asked a U.S. federal appeals court in Chicago to toss out the former media mogul's conviction.

In a sometimes contentious hearing yesterday, attorney Miguel Estrada argued that, in convicting Black, jurors gave too much weight to a law that has since been deemed largely unconstitutional.

The U.S. Supreme Court curtailed so called "honest services" laws in June, so Estrada said judges should toss Black's conviction for defrauding Hollinger International Inc. investors.

Judge Richard Posner of the 7th U.S. Circuit Court of Appeals in Chicago repeatedly interrupted Estrada, once telling him an argument "didn't make sense."

KIICHIRO SATO/THE ASSOCIATED PRESS

▶ Conrad Black

Yesterday's hearing came two months after a judge released Black from prison pending a decision on his appeal. He had served two years of a six-and-a-half-year sentence for defrauding Hollinger International Inc. investors and obstructing justice.

One argument prosecutors made at Black's 2007 trial was he deprived the company of his faithful services as a corporate officer, breaking the so-called "honest services" law.

But the U.S. Supreme Court limited the scope of such laws, leaving it to Posner and two other appellate judges in the 7th Circuit to decide whether to overturn Black's conviction in whole or in part.

THE ASSOCIATED PRESS

England. Search

▶Two unidentified gas-fired balloons are seen at the Gordon Bennett Gas Balloon Race, at Easter Compton, near Bristol, England last Saturday.

ROD MINCHIN/THE ASSOCIATED PRESS

Balloonists vanish in rough weather

Italian coast guards are hunting for a pair of missing American balloonists last detected piloting their craft over the Adriatic Sea in rough weather while competing in the Gordon Bennett Gas Balloon Race, officials said yesterday. In the race, teams of balloonists try to see who can fly the farthest from a set point,

Girl safe after car plunges into water

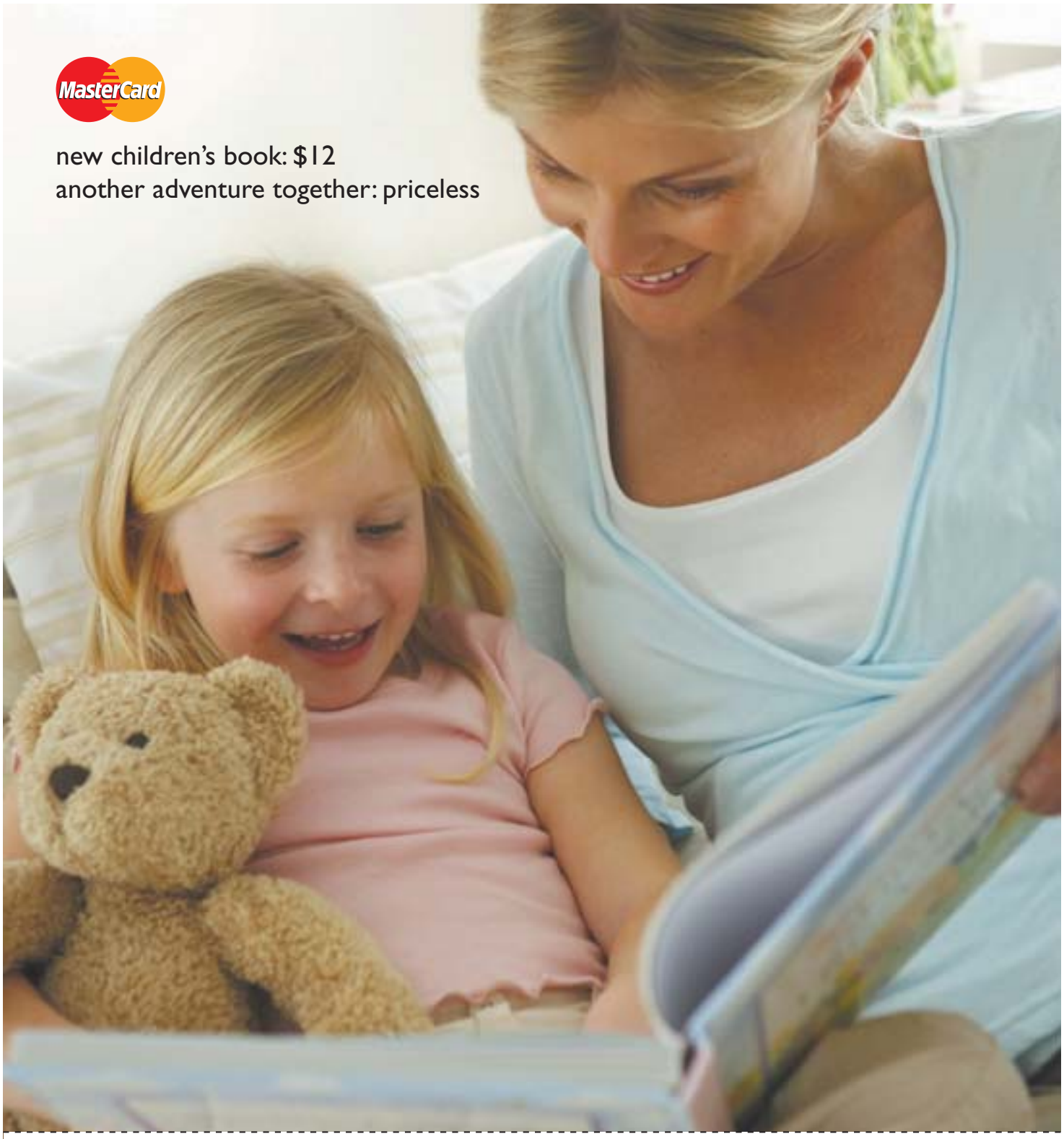
RCMP say a 17-year-old girl smashed out a car window and swam to safety after the vehicle plunged into the water on Newfoundland's Burin Peninsula. THE CANADIAN PRESS

Charest asks for an apology

In a scathing letter to Maclean's magazine, Quebec Premier Jean Charest asks them to apologize to Quebecers for an article describing Quebec as corrupt, which he called a "twisted form of journalism and ignorance." THE CANADIAN PRESS

Dozens of animals seized

Dozens of animals have been seized from a home in Ontario after the OSPCA and OPP executed a warrant. The animals were found in what officials describe as unacceptable and unsanitary conditions. THE CANADIAN PRESS



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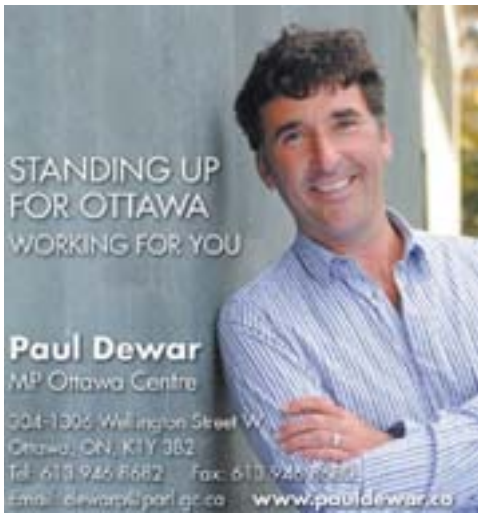

Well, so what if it's not an iPhone?

RICHARD DREW/THE CANADIAN PRESS/AP

▶ The new BlackBerry Torch has touchscreen interface and a user-friendly QWERTY keyboard.

RIM says forget the techno-geeks, the new Torch will impress you

The BlackBerry Torch is being released in Canada today and the company's director of marketing is shining a light on the smartphone's realities.

Michael McDowell admits it doesn't out-tech the competition.

But the Waterloo, Ont.-based company thinks the average plugged-in consumer will be impressed.

"Yeah, when you look on paper the specs aren't equal to some of our competitors in market, but ... we're pretty confident the experience in this product is top notch, specs aside, and we're getting a good response on that," McDowell said.

Research In Motion seemed to have combined the best of both worlds for smartphone users, by marrying a cool touchscreen interface with the user-friendly QWERTY keyboard and security infrastructure the Canadian company is known for.

"The phone business is very much becoming less about what chip is inside your phone ... rather it's what celebrities carry it."
DUNCAN STEWART, DELOITTE RESEARCH DIRECTOR

But tech geeks lamented the gadgetry inside the Torch didn't surpass — or even match — the specs of some of the competitors, namely the iPhone 4.

But McDowell said: "You have to draw a line in the sand at some point and say, 'OK, these are the internal specs that we're going to stick with.'"

RIM thinks the Torch will be the phone of choice of celebs and cool tastemakers.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+103.94 (12,382.82)	-0.36¢ (96.71¢ US)
Oil	**Gold**
+ $1.68 ($77.86 US)	+ $1.90 ($1,308 US)

Vehicle sales on fast road to record

Purchases of new and resale cars and trucks by Canadian households are on track to surpass the previous annual record, says Scotia Economics.

The bank said yesterday it expects retail vehicle sales in Canada this year to edge out the previous record, set three years ago before the recession hit the industry hard.

The report said if the rebound in Canadian household new vehicle purchases continues at the current pace, it could drive overall 2010 car and light truck sales to a record 4.4 million units — 2.9 million used vehicles and 1.57 million new models.

That's up from a previous record peak of 4.3 million in 2007.

Canadians have been buying SUVs, crossovers and larger cars.

THE CANADIAN PRESS

150 jobs go as Smucker plants shut

J.M. Smucker Co. says it will shut down two of its pickle and condiment plants in Ontario, cutting 150 jobs.

The food maker is closing its manufacturing plant in Dunnville and its pickle tank farm in Delhi Township in November 2011 to cut costs.

The work will be shifted to U.S. plants.

THE ASSOCIATED PRESS

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RUNNING CAN OFFER NEW INSPIRATION

He says ...

JOHN MAZEROLLE

I'm training to run a half-marathon in October and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved, I can use a urinal even with other people around, and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as an intrinsic positive, even though deciding to eat Big Macs every day or committing to a daily regime of smack would qualify as taking control, too.

As you have perhaps surmised, I'm a little less gung-ho than your average running mag model, the sort who treat running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gallstone to passing out to passing on.

"I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running ..."

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations for active-people pain, kind of like a cartoon character who throws a hot potato between his left hand and his right hand.

I'm also about as light on my feet as those AT-AT walkers from The Empire Strikes Back. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than, "Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I can't find the symbolism in that my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lie stagnant on my couch. Unless The Empire Strikes Back is on. That's different. It changed my life.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Room service in space

Worth mentioning

The view is out of this world

GETTY IMAGES

A Russian firm yesterday announced an ambitious bid to fill the vacuum in the space tourism market by stationing an orbiting hotel in the cosmos.

The Moscow-based Orbital Technologies has sky-high hopes that its planned Commercial Space Station can serve as a tourism hub for well-heeled travellers and offer overspill accommodation for the International Space Station and workspace for science projects.

But it's unlikely to come anytime soon — the company wants to launch a seven-room station by 2016, but may increase or decrease that capacity based on customer demand.

Sergey Kostenko, Orbital Technologies' chief executive, told The Associated Press the planned station would be "a comfortable hotel in orbit, designed specifically for tourists."

Until now, space tourists — a handful of megarich CEOs and philanthropists — have had to suffer the indignity of hitching a ride with astronauts and cosmonauts to the International Space Station and float around the space laboratory trying not to break anything.

Now, or at least soon, they will have a place to gawk at the view in private.

THE ASSOCIATED PRESS

What was the highlight of your week?

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Metro Minute at Second Cup

TRACEY TONG/METRO OTTAWA

▶ The Second Cup at Slater and Metcalfe downtown.

It's Thursday, almost the end of the week. You're tired. Rev up your day with a cuppa joe. Pop into any Second Cup in Ottawa and sample four brews, including Blend 35, Fazenda Vista Alegre, Cuzco and La Minita Tarrazu from 10 a.m. to noon, or buy a medium cup of limited edition Rainforest Alliance Certified Blend 35 coffee for only 75 cents in celebration of the company's 35th birthday. We're not normally ones to endorse one coffee shop over another, but we can't resist a deal. If this deal gets you hooked on reasonably priced coffee, there's no need to kick the habit. Buy a card and get 19 coffees for 75 cents each until Nov. 15. TRACEY TONG

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2 scene

▶ All for one: Neil Young and Daniel Lanois teamed up to make Young's new solo album, Le Noise

Neil Young's new album is personal

Produced by Daniel Lanois, Le Noise is full of interesting sounds and experiments

Some of your louder rock 'n' roll bands can make the Ryman Auditorium floorboards rattle a little. Few, though, have shaken the pews like Neil Young with just his electric guitar.

Young has been known to make a racket with a distinctive guitar sound that has influenced two generations of musicians. The low rumble he sent through the foundation at the Ryman in June, employing the technology he used on his new Daniel Lanois-produced album, Le Noise, was something very different, however. In the audience, the air seemed to vibrate — as well as the listener's ribcage.

It was that sound that drew Young to Lanois, whose all-star collaboration list includes U2, Willie Nelson, Bob Dylan and Peter Gabriel.

What emerged from those recording sessions is new, even for the ever-restless Young. Le Noise is full of interesting sounds and experiments, on both acoustic and electric guitars.

In a sense, it's Young as he first emerged as a performer — alone with his guitar singing about things completely personal and wholly universal. But 45 years worth of technological advances make it a very different experience. Lanois' setup allows Young to inhabit all the spaces that a band would — high guitar notes, low bass notes, the rhythm, the melody — simultaneously.

"I think it's a — I don't know — a spiritual record in some kind of ways," Young said. "There's a lot to do with love on the record. Love is in almost every song, and so it had a spiritual layer to it. It's not trying to do anything. It's just trying to be itself."

Peaceful Valley Boulevard is cast in the mould of classics like Aurora Borealis and Cortez The Killer, showing how mistakes made centuries ago grow and magnify over time until God cried tears that were a "pounding rain" and "a child was born and wondered why."

And then there's the brittle and beautiful Love and War, on which Young lays down this shocking statement: "When I sing about love and war, I don't really know what I'm saying."

Isn't that a profoundly confusing statement from the artist who gave us Ohio and Impeach the President?

"It's such a deep subject and there's really no one answer," he said. "There's nobody who really knows. It just seems to be a part of the human condition is to get in wars over and over again for as long as human beings have been around. So I have opinions but I'm not so sure that they're right." THE ASSOCIATED PRESS

In brief

Betty White will join Saturday Night Live cast members when they toast Tina Fey with the nation's top humour prize at the Kennedy Center in Washington.

White will join SNL comics and alumni Fred Armisen, Jimmy Fallon, Seth Meyers and show creator Lorne Michaels in awarding Fey the Mark Twain Prize for American Humor on Nov. 9.
THE ASSOCIATED PRESS

Does Howard Stern have bed bugs? Scan code for story

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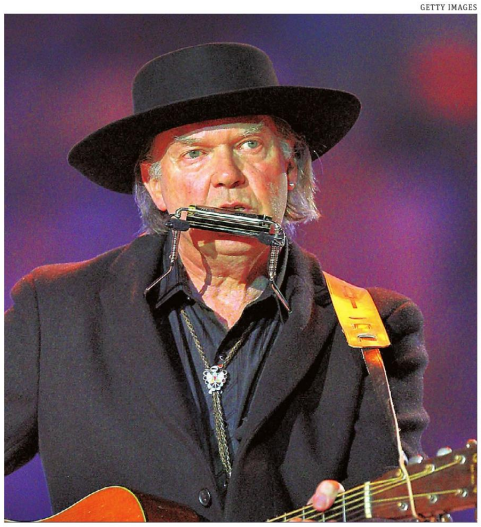
Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

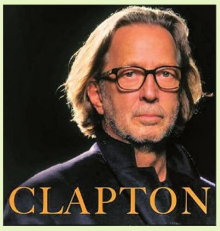
Turning up the noise

GETTY IMAGES



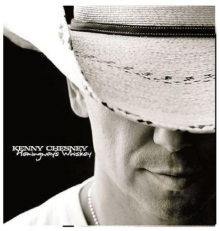
Neil Young
Album: Le Noise
Label: Reprise/Warner
●●●●

It's about time Neil Young turned to an outside producer. The godfather of grunge's last few CDs have all sounded like they were made in his basement, which is probably pretty much close to the truth. One of Young's most endearing qualities has always been that Raggedy-Andy rawness. Still, things were getting out of hand. So, yeah, everyone was excited when uber-producer Daniel Lanois (U2, Bob Dylan, Peter Gabriel, etc.) invited Young to his L.A. mansion for some sessions. The two Canadian legends hit it off. Lanois presented Young with an acoustic guitar specially loaded with a plethora of effects. The venerable rocker took full sonic advantage, sitting down and spewing forth echo and feedback on eight new songs. The result is jolting — just Neil and his guitars with Master Dan creating a sound so thick you can step into it. There are times (It's an Angry World, Rumbling) when the atmospheric loops conger visions of Young's experimental Trans period. Some songs give us a peek into his life. On Hitchhiker, he even lays open a lifetime of drug exploits. On other tracks (Peaceful Valley Boulevard), the clarity of his guitar recall gentler Young moments. Don't expect any Harvest Moon here, though. There's an underlying darkness that true fans will love, but occasional travelers will shun.
Outstanding track: Hitchhiker
● GRAHAM ROCKINGHAM



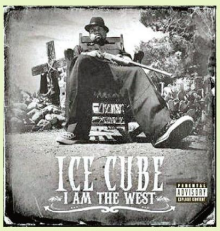
Eric Clapton
Album: Clapton
Label: Reprise/Warner
●●●½

As the Hoagy Carmichael song goes, he's "chained to his old rocking chair." Luckily for Eric, he's got a few friends sitting around with him helping him pass the time – like J.J. Cale, Steve Winwood, Allen Touissaint, Derek Trucks, Sheryl Crow and Wynton Marsalis. This is a master growing old gracefully with his favourite friends and collaborators. Nothing flashy here. This is an eclectic and ultimately tasty batch of 14 tracks.
Outstanding track: River Runs Deep
● GRAHAM ROCKINGHAM



Kenny Chesney
Album: Hemingway's Whisky
Label: BNA
●●●

Over the last few years Kenny Chesney has transformed into the Jack Johnson of country music. His laid-back surf vibes hit a climax on the sleepy Lucky Old Sun and while the tunes may have been nice to listen to on a lazy day, they were pretty weak compared to the country star's previous stuff. The mood hasn't changed dramatically, but fortunately, he does revisit his rock country roots.
Outstanding track: Round and Round
● BRYAN BORZYKOWSKI



Ice Cube
Album: I am The West
Label: Lench Mob
●●●

As many movies Ice Cube does, he'll always be remembered as Dr. Dre's partner in seminal rap group N.W.A. His solo career has been hit and miss, but he's made somewhat of a comeback in recent years. His latest won't be his defining moment of the 2000s — it's a wishy-washy record of old school rap. There are too many plodding beats and mundane rhymes, but tracks like Life in California, with its swipe at Jay-Z and Alicia Keys, saves this disc.
Outstanding track: Nothing Like L.A. ● BRYAN BORZYKOWSKI

Levi seemed comfortable with steamy video shoot

HANDOUT/THE CANADIAN PRESS

Levi Johnston was "very comfortable" with the subject matter of a music video that reportedly led to his break-up with Bristol Palin, says the Canadian who directed the shoot.

The steamy clip for Brittani Senser's After Love, which will debut Saturda before being made available online, casts Johnston as a lover whose relationship is hobbled by his girlfriend's disapproving mother.

Palin and Johnston called off their second engagement in August after he told her he may have fathered a baby with another woman. The 19-year-old daughter of former Alaska governor Sarah Palin told People magazine that the "final straw" was when Johnston travelled to Hollywood to star in a music video mocking her family.

Toronto director Evan Winter, who crafted the concept and helmed the video, said that Johnston had no issues with the material. "No, actually, not at all," Winter said. "He seemed very, very comfortable with the material."
THE CANADIAN PRESS

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O Canada

The Oprah Winfrey Network will make its Canadian debut next year

Corus Entertainment says it's finalized a deal that will bring Oprah Winfrey's health and relationship channel north of the border following the U.S. premiere on Jan. 1, 2011.

Called OWN (Oprah Winfrey Network) the channel will largely target women age 25 to 54.

The lineup will include the evening talk show Oprah's Next Chapter, Behind the Scenes: The Oprah Show Final Season, and the reality show, Why Not With Shania Twain, which will chronicle the ups and downs of the Canadian country music star. Winfrey is set to wrap up her weekday syndicated talk show next year after its 25th season.

THE CANADIAN PRESS

▶ Oprah Winfrey

Lone Star gets axed

Fox network says that its prime-time soap Lone Star is being pulled off of the air after just two airings on television.

Replacing the little-watched new show is the psychological crime drama Lie To Me, which is set to commence its third season on the air next Monday at 9 p.m. EDT.

Although Fox didn't officially cancel Lone Star, its fate seemed to have been sealed after Monday's episode, the audience of which was even smaller than the 4.1 million viewers who had tuned in to the Lone Star's series premiere a week earlier.

Praised by critics, the show featured newcomer James Wolk as a charismatic Texas con man living a double life with two women.

With the dire news from Fox hitting the public on Tuesday, Lone Star became the very first casualty of this fall's television season, which is little more than a week old.

THE ASSOCIATED PRESS

Top model mix-up

The winner of popular reality show Australia's Next Top Model gave a heartfelt acceptance speech at this season's live finale.

Unfortunately her speech came before the show's host realized she had announced the wrong name.

On Tuesday night host Sarah Murdoch named 19-year-old Kelsey Martinovich the winner of season six of the Fox Television reality show.

Minutes later, with her hand over her face, Murdoch made an awkward apology. The actual winner, as voted by television viewers, was 18-year-old Amanda Ware.

Murdoch claimed that the wrong name was fed to her in her earpiece.

The network announced on Wednesday that Martinovich will receive 20,000 Australian dollars as well as a trip to New York — which are also part of the Amanda Ware's prize. The rewards will serve as compensation for the blunder.

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TV's time to come out

GLAAD report finds that 3.9 per cent of TV actors now appearing in gay, lesbian and bisexual roles

The number of gay and bisexual characters on scripted broadcast network TV has risen slightly this season to 23 out of a total of nearly 600 roles, according to the Gay & Lesbian Alliance Against Defamation.

The 15th annual Where We Are on TV report released Wednesday found that 3.9 per cent of actors appearing regularly on prime-time network drama and comedy series in the 2010-11 season will portray gay, lesbian or bisexual characters.

That's up from three per cent in the 2009-10 season. The increase in 2008-09 was 2.6 per cent.

Only six of the 23 gay and lesbian characters this season are non-white, GLAAD found.

Using information provided by ABC, CBS, Fox, NBC and CW, the group reviewed 84 scripted series announced to air this season.

The only original programming announced by the gay-focused cable networks here! and Logo is unscripted, alternative programming, so they were not part of this year's character count, GLAAD said.

While the number of broadcast drama series featuring regular or recurring gay characters is unchanged from last year, the number of comedy series has increased from eight to 11, including new comedies Running Wilde (Fox) and Hellcats (CW).

ABC led the networks in gay representation, with 7.2 per cent or 11 regular characters out of a total of 152, followed by Fox with five out of 100 (five per cent).

On mainstream cable channels, the number of regular characters rebounded to 35 after a two-year decline.

HBO features the greatest number of gay and bisexual characters, with 10 regular and recurring characters.

The group found that the HBO drama True Blood is the most inclusive series on television, featuring six characters.

THE ASSOCIATED PRESS

Primetime pride

- **Brave bloodsuckers:** The ever-popular HBO vampire drama True Blood comes out on top of GLAAD's report, featuring the most gay, lesbian and bisexual main characters (six) on a mainstream TV show.

MICHAEL YARISH/THE ASSOCIATED PRESS

▶ Chris Colfer, right, plays the openly gay son of character Burt Hummel, played by Mike O'Malley on right, in the Fox TV series Glee

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TV Picks

Baby reveal on Grey's

DRAMA Meredith on Grey's Anatomy finally reveals her pregnancy secret to Derek. While it's anybody's guess as to how he'll react to the news, the episode title - "Shock to the System" - might provide a clue. (CTV, ABC)

A Michael and Toby truce?

COMEDY On The Office, Corporate forces Michael into counselling with Toby (Global, NBC); Community sees Jeff reconnecting with a former law-firm colleague who is a bad influence (guest star Rob Corddry) (Citytv, NBC).

THE CANADIAN PRESS

A real Big Love saga

Police in Utah city are launching a bigamy investigation of a plural family with a reality TV show

A Utah family with four wives had hoped its participation on a TLC reality TV show would shed light on polygamy.

But now that it is the target of a bigamy investigation by Utah police, one advocate worries that the probe will instil fear in other plural families about going public with their lives.

"If it really goes to a court situation, then our people are going to go right back into isolation," said Anne Wilde, co-founder of Principle Voices, a non-profit that seeks to educate the public about polygamous families.

Over the past 10 years, Utah's historically insular polygamist community has worked with state agencies to increase understanding of the unique aspects of polygamous culture, Wilde said. As a result, plural families are now less hesitant to seek help and services when needed, she said.

The Brown family's decision to do the reality TV show was sort an extension of that education work, said Wilde, who knows the family well.

Sister Wives, which premiered Sunday, chronicles the life of 41-year-old advertising salesman Kody Brown, his four wives, 13 children and three stepchildren. The Browns, of Lehi, have said they hoped that the peek into their lives would help broaden the public's understanding of plural families. Lehi police are investigating whether the family is violating bigamy laws on cable TV. Brown is only legally married to Meri but also calls three other women his spouses: Janelle, Christine and Robyn.

THE ASSOCIATED PRESS

▶ The Browns, from left, Janelle, Christine, Kody, Meri, and Robyn from the TLC series Sister Wives, are shown.

Robes fit for a king

If it seems like Tudors star Jonathan Rhys Meyers is bigger than ever, it's because he is.

The Irish actor packs a bit more heft and dons facial hair and prosthetics to simulate the advancing age and expanding physique of King Henry VIII on the fourth and final season of the sprawling historical epic.

Co-star Tamzin Merchant joins the cast this season as the tyrant's fifth wife, Katherine Howard.

"They definitely did kind of make a gesture towards making him the bigger character from history that we all know," Merchant said of Meyers' appearance during a recent Toronto, promotional stop.

The Irish-Canadian co-production has weathered complaints that Meyers' slim build bears little resemblance to the image of the bearded and rotund king.

But as the sexy serial reached the end of Henry's reign, concessions were made to conclude with a look that more closely matched public perception of the king in his later years, says Merchant, noting that includes the adoption of a jaunty cap but still falls short of a full-on fat suit.

▶ Rhys Meyers

Vancouver actor Torrance Coombs (who plays the duplicitous courtier Thomas Culpepper) says the massive production was the largest he'd been a part of, noting the large-scale sets, award-winning costumes and crowds of extras went a long way toward helping him immerse himself in the period. The Tudors airs Wednesdays on CBC-TV.

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Stella Artois is proud to declare Marc Pronovost from Barrhaven, ON the 2010 Canadian Draught Master Champion, who will represent Canada at the World Finals in London, England. Thanks to all the preeminent pourers who entered and the hundreds of fans who attended the national finals in Toronto. It was a magnificent party that went long into the night, celebrating quality in true Stella Artois style.

Marc Pronovost (centre) won a trip to London, England to represent Canada in the global competition. Seen here with judges from the Canadian Draught Master finals: (left to right) Fearless Fred, host on 102.1 The Edge; Anthony Rose, Executive Head Chef at The Drake Hotel; Donnovan Bennett (DJ), host on The Score; Avril Maxwell, winner of the 2009 World Draught Masters.

The crowd celebrating their 2010 Canadian Draught Master Champion.

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Lindsay Lohan back in rehab

Troubled actress plans to stay at California live-in facility until her next probation hearing in October Starlet recently posted $300K bail

Lindsay Lohan reportedly made good on her plans to head back to rehab after posting $300,000 US bail and getting out of jail over the weekend.

The troubled starlet is now in a Southern California live-in facility, where she plans to stay until her next probation hearing on Oct. 22, according TMZ.

"The plan always was for her to go back into rehab and hopefully it will work for her this time around before her next court date," friend and photographer Tyler Shields tells Radar Online. "We all hope and pray that she can recover. I've always said that she is not a criminal, and that she needs rehab and not jail at this point in her life." METRO

GETTY IMAGES

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Nick Cannon looking for birthday sponsors

Nick Cannon is hoping to throw a lavish 30th birthday party for himself, but he's hoping someone else will pick up the tab.

Cannon's camp is reportedly soliciting sponsors for parties in New York and L.A., according to the New York Post.

"This is an extremely exciting opportunity to sponsor a fun and lavish event. Opportunities range from gift bags and signage to tweets and photo ops," an e-mail obtained by the newspaper reads.

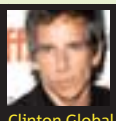
"In return for a $2,500 donation, sponsors will feature in the gift bag, while a more generous $15,000 will guarantee 'one tweet,' plus a 'mention in all public relations materials.'" METRO

Celebrity tweets

Justin Bieber [@justinbieber] another amazing day... pet a cheetah...check it off the bucket list. wow

Nicole Richie [@nicolerichie] I'M HERE NYC! 12 hour flight. No hair. No makeup. But NOTHING is stopping me from Borders! Here I come!

Britney Spears [@britneyspears] John Stamos is still hot! He looks the same as he did on Full House!



Ben Stiller [@RedHourBen] Clinton Global Initiative time. Really smart ppl working 2 solve problems & help. Also Shakira is here, so that helps.

GETTY IMAGES

Brangelina kids make the French connection

Brad Pitt and Angelina Jolie's youngest kids, twins Knox and Vivienne Jolie-Pitt, reportedly spend so much more time with their French au pair than their parents that they speak more French than English, according to Life and Style.

Their famous mom isn't so worried, though: "Angie encourages it," a source says. "She's always been obsessed with the idea that educated people speak French as a second language." METRO

Duff goes the distance for hockey player hubby

Hilary Duff admits her new marriage to NHL hockey player Mike Comrie is facing one major obstacle: distance.

"Now he's gone and I'm like, 'No, you left me too soon! What's happening?' That kind of sucks," she says tells Access Hollywood. "We're used to that long distance thing and we're going to figure it out. It means a lot of traveling for me this year, but that's OK." METRO

Rogen getting married

Seth Rogen is getting married.

The Canadian actor and writer proposed to longtime girlfriend Lauren Miller, who said yes, according to Life and Style.

After six years together, Miller was caught off guard, sources say. "She'd started giving up hope that he would ever pop the question, but he surprised her with the proposal," a source says. METRO

As Italy's fashion week nears a close, certain trends have become obvious
Take a time machine back to the '70s, grab some bright colours and don't forget the stripes and graphics

TAMU MCPHERSON

VALENTINA DI PINTO

GIOVANNA BATTAGLIA

Trendspotting in Milan

1 THE SEVENTIES AT ETRO, FENDI AND BLUMARINE

No matter which part of 1970s fashion you prefer, there's a boatload for everyone to choose from. It seems that Milan's designers have mined every nook and cranny of the time period: Fendi's romantic silhouettes, Etro's heavy use of totally seventies mustard, Blumarine's more flamboyant, over-the-top bell bottoms.

2 EYE-POPPING COLOURS (ESPECIALLY ORANGE) AT MAX MARA, EMPORIO ARMANI AND JIL SANDER

Bright colours like pumpkin, hot pink, candy apple red and emerald green and up-beat combinations of them all gave an overall feel-good, summery tone to the collections. The week's standout examples were Raf Simons' statement skirts paired with white t-shirts at Jil Sander, Max Mara's blazing hot separates (the trousers had slits up the leg) and Emporio Armani's retro, flared cocktail dresses.

3 STRIPES AND GRAPHICS AT PRADA AND VERSACE

Bold, Baroque prints, lean silhouettes and Josephine Baker references (a Paul Colin illustration, a banana skirt) made Prada an early standout in the graphics department. Meanwhile, Versace gave a fresh interpretation of the stripes trend by distorting them.

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

3 life

White Lace

Milan Fashion Week was a parade of delicate white lace starting with Brioni and ending with Dolce & Gabbana. For his first collection as creative director of Brioni, Alessandro dell'Acqua created polished, belted lace, longer length dresses that were a soft counter-balance to his tailored separates. METRO

Alive and well: Milan is back on track for the spring-summer 2011

Cardin goes back in time for inspiration

JACQUES BRINON/THE ASSOCIATED PRESS

▶ A model shows a creation from French designer Pierre Cardin.

Pierre Cardin, the man whose Space Age garments catapulted him to renown in the mid-1950s, shot back into the stratosphere yesterday with a marathon ready-to-wear collection of what the designer called "timeless pieces."

"Timeless" because the cat suits in fluorescent spandex that opened the show — with plastic rings that stood out from the body at the waist, elbows, wrists and knees — harkened back to the designer's debut more than half a century ago. The interminable parade of lampshade dresses and polyester power suits that followed looked as though they'd been dug up out of the label's archives from the '60s and '80s.

The collection, which was suffocating in spandex and drowning in sequins, highlighted how very thin the line is between fashion's cutting edge and its polar opposite. While some of the looks echoed recent retro-futuristic offerings at red hot labels like Balenciaga or emerging Indian designer Manish Arora, Cardin served them up without a hint of irony, with an earnestness that in the cynical world of fashion tends to make people look away in embarrassment.

The 88-year-old designer wasn't reinterpreting his work through today's ironic lens and high-tech fibers, but serving it up straight, polyester and all.

And so it was that people chatted or fiddled with their cellphones or even catnapped during the never-ending show, which was held in the sprawling Espace Pierre Cardin, in Paris' tony 8th district.

THE ASSOCIATED PRESS

The ghost of Yves Saint Laurent looms in Paris

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

If the fashion weeks in New York, London and Milan made anything clear, it's that fashion is having a serious 1970s obsession. Technically, that obsession began in France.

Why? Because the runway season has been filled with references to Monsieur Yves Saint Laurent.

Whether it be his billowing dresses, peasant blouses or bold colour palette, his influence stretches far and wide this season.

Whether or not the Paris shows continue this '70s trend remains to be seen. But we can assure you that Saint Laurent's ghost will still be in the air thanks to the new documentary about the couturier L'Amour Fou.

It features never before seen footage of the designer and explores his relationship with his on-again-off-again lover and business partner, Pierre Berge.

The film will surely only deepen fashion's nostalgia for the icon and his design work.

Limi Feu

The closing series of evening dresses were the highlight of this show, which was dominated by stark black and white dresses and separates.What made these dresses stand out was the absence of all of the froufrou one expects from evening wear.

The dresses, such as a simple pleated black gown with a plunging V-neckline, were simple and yet displayed Feu's flair for draping, volume and complex construction.

These are all skills that she shares with her father, Yohji Yamamoto.

Dries van Noten

Last season's parade of army green, violet and leopard prints was replaced by a strong, precisely constructed collection of separates in relaxed, oversized proportions and soft pastels and floral prints. Always a favourite among fashion's top editors, this collection had plenty to choose from for those women who want to look modern but don't want to be a slave to trends.

The collection was an intelligent interpretation of spring dressing.

▶ An outfit from Limi Feu's show during Paris Fashion Week.

Modesty equals sexy for Rochas

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ Models display creations by Italian designer Marco Zanini's ready to wear spring-summer 2011 fashion collection for Rochas, presented in Paris, yesterday.

Rochas would undoubtedly be the label of choice for a character in a Visconti movie about to check into a sanatorium in the Alps for the bracing mountain air.

The Paris-based fashion house served up yesterday a sumptuous spring-summer 2011 ready-to-wear collection of modest dresses and pyjama suits that proved you can dress like your grandma and still be at the very peak of fashion.

Marco Zanini — the label's half-Swedish, half-Italian creative director — said he'd looked to Scandinavia's rigorous esthetic for inspiration.

"I find the modesty of certain Swedish people the key to elegance," he said.

Long-sleeve, button-down blouses in naive prints depicting Swedish villages were paired with matching skirts that hit at mid-calf. Plain-fronted dresses in navy were cut wide and left nearly everything to the imagination. Printed doo-rags and black knee socks topped off the show's "un-sexy is the new sexy" spirit.

Still, hidden beneath that modest facade, there was a hint of decadence that recalled the Baroque undercurrent of films by Italian master Luchino Visconti. THE ASSOCIATED PRESS

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Top designer goes eco

Decorator Candice Olson says more and more people are concerned with earth-friendly products

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

This week I give up my decorating spotlight to bring you some insider thoughts about decorating with Canadian interior designer Candice Olson.

She's got the No. 1 decorating show on HGTV (U.S.) and her show Divine Design can be seen on the W Network in Canada every Thursday night.

Candice is as friendly and charming in real life as she is on television; and she's got a wicked sense of humour.

I caught up with her last month and was surprised to learn that her rooms are not only well decorated, but often incorporate many eco-friendly and hand-made products.

What design style are you best known for?

My look tends to be contemporary, parred down clean lines with a huge factor of comfort. I don't like cold, sterile rooms so I like to use natural materials like natural fabrics and cork.

How does that differ from personal decorating style at home?

I actually like modern style, but love to incorporate the element of handmade into a room. Handmade items bring a sense of personal style and offer a look that no one else will have.

One of a kind items like sculptures, carved wooden bowls, baskets and artwork help to define a homeowner's decor personality.

What are your clients requesting these days?

My clients are becoming increasingly more concious about earth-friendly products and are very savvy to incorporate them into a room's design.

Although I have suggested products like cork flooring for many years, its popularity and acceptance has been increasing tenfold over the past while. Earth-friendly decorating products don't have to look hippy-granola; can you imagine cork flooring made to look like modern wooden planks or concrete tiles?

This type of stuff is really exciting to me.

▶ Watch Candice Olson's Divine Design Thursdays on the W Network.

What are a few of the fall decor trends that you will be following?

Clean, curvy lines and a touch of glamour are often added to my rooms; and I am also making an even greater effort to encourage eco-friendly products to my clients.

There are some incredibly stylish products for the home that are also good for our planet and as a designer, it's my job to educate my clients about what not only looks good in a room, but is good for our environment.

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STEVE COLLINS
FOR METRO OTTAWA

Jim Caruk is best known for his HGTV series Real Renos. He has worked with some of Toronto's most successful architects, tradesmen and designers, gaining knowledge of how to complete home improvement tasks efficiently.

Through his network of accredited master builders, teachers, industry professionals and sub-trades he has assembled an interactive practical learning forum that compiles all the essential "know-how" skills homeowners need to complete projects successfully by themselves.

Jim will deliver two daily seminars, How to Prepare for a Renovation — A Realistic View of Hiring a Contractor and DIY Projects, and Kitchen and Bathroom Renovation Tips (Trends and Products).

Jane Lockhart is the host of W Network's Colour Confidential and principal designer for Jane Lockhart Design.

Her work appears regularly in Canadian Living, Style At Home, Reno & Décor, and Vancouver's Home & Living. She also appears regularly on CityTV's CityLine and Breakfast Television, as well as on the CBC's Steven & Chris Show. Jane's latest best-selling book, Room Recipes: Cooking Up Style with Colour, demonstrates how anyone can create a personal style from the fabric of their lives.

Jane's daily seminars at the Ottawa Home and Design Show are entitled Mad About Hue! and Design Inspired Spaces.

Penny Southam is an interior designer with over 18 years experience and principal of Southam Design Inc.

She has won more than 25 design awards, was named one of the Ottawa Business Journal's top Forty Under 40 in 2005, and has written for the Ottawa Citizen, Style at Home, and Canadian Architecture and Design. She was one of three design "professors" who put their design "students" through the paces on HGTV's Design U.

Penny's new series All For Nothing? debuts on W Network in October. At the Home and Design Show, she'll host two seminars, Lighting 101 and Design U.

SUBMITTED

▶ Jim Caruk from HGTV's Real Renos will deliver two daily seminars, How to Prepare for a Renovation and Kitchen and Bathroom Renovation Tips.

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▶ Jane Lockhart hosts W Network's Colour Confidential. Her seminars include Mad About Hue! and Design Inspired Spaces.

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▶ Penny Southam has written for Style at Home and appeared on HGTV's Design U. She will discuss lighting 1010 and Design U.

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[1] Your Account will earn a special interest rate of 2.50% (if the Account is a HISA) or 3.50% (if the Account is a Tax Free HISA) which consists of the regular variable rate of interest for the Account of 1.50% for the HISA and 2.50% for the Tax Free HISA, as of August 1, 2010 (and is subject to change) plus the bonus interest rate of 1.00% per annum. The bonus rate applies only (i) to a customer's first Account (including Joint Accounts, where applicable) provided your first deposit is made on or after August 1, 2010, and before November 15, 2010, existing and previous customers are not eligible, and (ii) to balances up to and including $100,000 for 90 days starting on the day of the first deposit into the Account. If the Account is closed before the end of a calendar month or before the 90th day of the offer period, you will forfeit the bonus interest that accrued from the beginning of the particular month in which the Account was closed. On all credit balances after those 90 days, and on any credit balances over $100,000 during those 90 days, only the regular variable rate of interest then in effect for this type of account would apply. This offer ends November 15, 2010 and may be changed, extended or withdrawn without notice. Interest is paid monthly and is calculated daily based on the daily closing balance. Rates subject to change without notice. Additional terms and conditions apply.

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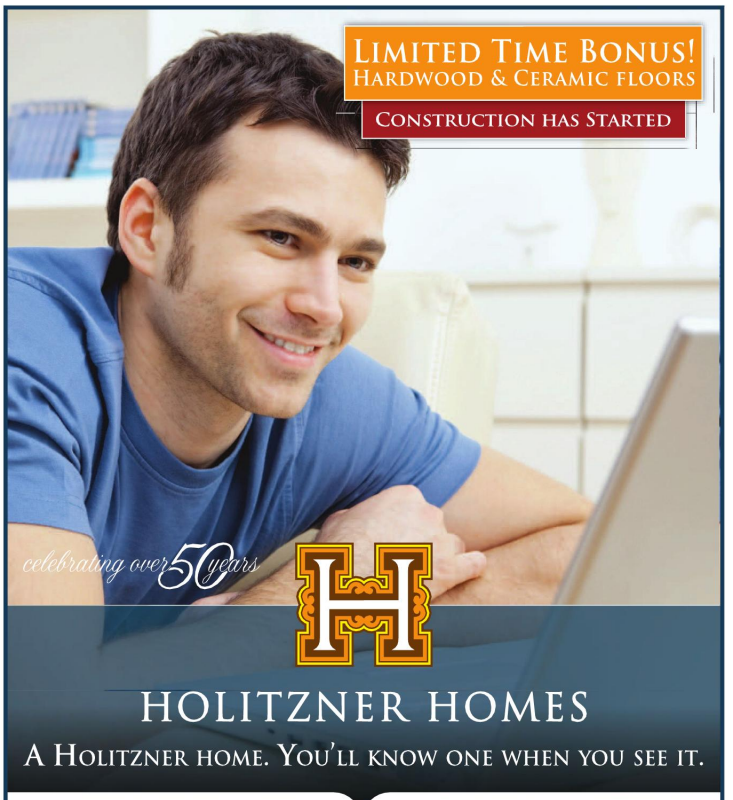

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Home & design gets FAB

Design challenge showcases home-grown designers

STEVE COLLINS
FOR METRO OTTAWA

In a first for the Ottawa Home and Design Show, four local designers will each work their magic on an identical 275-square foot space at the Ottawa Home and Design Show, transforming each into a custom-designed living room.

The designers are Jane Berry of Blueprint Home, Luc Crawford of Luc Crawford Design, Kiersten Lowden of Custom Home Interiors, and Suzanne Martin of Reno by Design.

All agreed on create living rooms because they are typically the most used room in any home. After that, each ran off in their own creative direction.

"Everyone added a little something a little something different to it," said Home and Design Show spokesperson Caitlin Hines.

"Some of them have a corner office; some of them have a dining area. Even though they're decorating the same space, it's going to be very different, so I think it's really going to appeal to people of different tastes."

Each room will include information on the designer, the style used in the room, and the pieces selected, all of which can be found in Ottawa.

Luc and Kiersten will also be on hand to meet show-goers to answer questions on what they found where, and their design choices.

SUBMITTED

▶ The FAB4 design team, from left to right: Kiersten Lowden (Custom Home Interiors), Luc Crawford (Luc Crawford Design), Jane Berry (Blueprint Home) and Suzanne Martin (Reno by Design).

FAB4 in-home design package

Fill out a ballot at the FAB4 Design Challenge booth, and you could win a $2,000 prize package including:

- A $500 gift certificate from Blueprint Home
- A $500 gift certificate from Custom Home Interiors
- Two in-home design consultations with two of the FAB4 designers, Luc Crawford of Luc Crawford Interiors and Suzanne Martin of Reno by Design. Choose from a colour consultation, home staging, furniture layout, coordination of finishes, storage solution options and more. Both design consultations may focus on the same room or the winner may choose two separate rooms for the designers to look at.

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#4

Get the scoop on renos

Learn from some of the best in the business ▶ Seminars going green

MIKE BEASLEY
FOR METRO OTTAWA

If you want to get the right information on a topic, ask an expert.

That's exactly what you can do at the 2010 Ottawa Home and Design Show beginning Friday at Lansdowne Park.

This year's event will feature six design and renovation experts conducting seminars and offering advice on two stages during the three day event.

"Our experts will bring a lot of energy and experience to the seminars this weekend," said Show Marketing Manager, Caitlin Hines.

Linda Nolan will talk about Flooring Trends and Downsizing with Confidence: Making the Move to a Condo Lifestyle on the Design and Decor Stage in the Exhibition Hall.

On the Dream Reno Stage in the Aberdeen Pavillion, Lori Gadzala will describe What Makes a Home Green,while Lan Chi Nyguyen Weekes defines Indoor Air Quality and Green Are they compatible?

Robert Bales on the same stage is talking about the importance of Writing a Contract with your Designer & Builder.

Designing an Experience, The Fusion of Home and Garden will be presented by John Szczepaniak.

Dollars and sense

Projects that offer the biggest bang for your buck include new siding, kitchen and bathroom remodelling, new windows, decks and the addition of living space.

Four upgrades that don't pay include; over the top investments, a swimming pool, replacing a popular feature and daring designs.

To make the most of your remodelling projects, it pays to keep four types of projects in mind: The basics, the curb appeal, the value added and your personal preference.

Energy saving improvements can reduce your energy use, minimize moisture and condensation problems as well as limit outdoor noise and greenhouse gas emissions.

MIKE BEASLEY

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Green Rebel breaks the fast food mould

SHARI GOODMAN/FOR METRO CANADA

▶ Green Rebel is committed to the environment and offers stainless steel forks and biodegradable containers

Restaurant offers healthy eats, but salad dressing has sugar

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

In a world of unhealthy fast food, it's nice to find a place that wants to serve a quick healthy meal.

From a menu of salads and sandwiches, my friend and I both chose salads. And though salads are healthy, the vinaigrette dressings they offer at Green Rebel all contain sugar. However, they were nice enough to whisk up a fresh vinaigrette using red wine vinegar and olive oil. As for my feta chicken salad, the romaine was crisp, but the chicken was unseasoned. The dried cranberries and feta added a nice flavour, but the tomatoes were old and mushy. Overall, the salads we ordered were mediocre.

Green Rebel is committed to the environment and offer a handful of stainless steel forks to grab instead of the plastic ones. And their containers are biodegradable, but only if empty. I didn't see a bin to dump my leftover salad for composting.

It's not easy being a green rebel, but this restaurant is trying.

- **Green Rebel**
- **350 Albert St.**
- **(613) 235-5999**
- **Hours of Operation — Mon. to Fri. (7:00 a.m. – 5:00 p.m.)**
- **Rating: *****
- **Quick solo lunch: Yes**

Tuna and cheese bruschetta

▶ This tasty easy-to-make starter is sure to impress

Yields: **24 appetizers**

Ingredients :

- 250 ml (1 cup) finely diced bocconcini
- 1 can (120 g) flaked tuna, drained
- 75 ml (1/3 cup) grilled and finely diced red peppers
- 50 ml (1/4 cup) sliced seedless black olives
- 30 ml (2 tbsp) pesto
- Salt and freshly-ground pepper, to taste
- About 2 dozen small crackers or rusks

Bocconcini and tuna are mixed together and given an unusual flavour boost with pesto, red pepper and black olives for this delicious bruschetta. It makes an ideal snack to eat while watching television or as an appetizer for drop-in guests.

Preparation:

1. In a bowl, combine cheese, tuna, red peppers, olives and pesto. Season with salt and pepper.
2. Spread mixture on crackers or rusks.

Nutritional information per serving: 135 calories, 8 g protein, 5 g fat, 16 g carbohydrates, 106 mg sodium.

THE CANADIAN PRESS

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4 sports

Motivated Kadri helps sink Sens

Leafs prospect has two goals, assist while playing on top line

4	3
LEAFS	SENATORS

Nazem Kadri gave Toronto much to think about last-night, scoring two goals and picking up an assist on the winning goal in the Maple Leafs' 4-3 pre-season win over the Ottawa Senators.

Nikolai Kulemin and Phil Kessel also scored for Toronto, while goaltender Jean-Sebastien Giguere stopped 22 shots.

Daniel Alfredsson, Milan Michalek and Chris Campoli, with a goal and an assist, scored for the Senators, while Pascal Leclaire made 19 saves in his second game of the pre-season.

This was the third meeting between the two teams and it appears the provincial rivalry has found a renewed energy.

The Leafs jumped out to a 2-0 first-period lead on power-play goals by Kulemin and Kadri as the Senators spent much of the period shorthanded.

The game was seen as a final opportunity for many players to make a case for themselves, but perhaps no one more than Kadri.

The Leafs prospect has fallen far short of expectations to this point in training camp but was given an opportunity to prove himself on the top line with Phil Kessel and Tyler Bozak.

Kadri made the most of the opportunity, first scoring on the power play late in the first period.

Midway through the period, the 15,088 in attendance witnessed a rare altercation between Alex Kovalev and Francois Beauchemin. Beauchemin easily came out on top. Kovalev's last fight came against the Leafs' Darcy Tucker in March 2006.

THE CANADIAN PRESS

Roster trimmed

- The Senators re-assigned 16 players to their American Hockey League affiliate in Binghamton.
- The players re-assigned were goaltenders Mike Brodeur and Barry Brust; defencemen Andre Benoit, Eric Gryba, Geoff Kinrade and Craig Schira; and forwards Jason Bailey, Erik Condra, Corey Cowick, Kaspars Daugavins, David Dziurzynski, Colin Greening, Mike Hoffman, Jim O'Brien, Tim Spencer and Roman Wick.

FRED CHARTRAND/THE CANADIAN PRESS

▶ Toronto's Jay Rosehill knocks over Erik Karlsson last night.

Sports in brief

Three-time Tour de France winner Alberto Contador tested positive for a banned steroid during this year's race, according to a statement released by his spokesman yesterday.

Jacinto Vidarte, Contador's publicist, said the substance, identified as clenbuterol, was found in a test taken on July 21. Contador has blamed food contamination as the only possible explanation.

THE ASSOCIATED PRESS

Toronto bids Gaston goodbye

Cito Gaston stood before an adoring crowd, a single tear snaking down his right cheek, taking in all the love one last time.

Try as he did, Gaston couldn't quite keep his emotions in check during a moving 30-minute pregame tribute ahead of his final home game as Toronto Blue Jays manager last night. Renowned for his unshakable and steadying calm, saying farewell got to him.

"I could probably stand here and enjoy that a little longer, but we've got a baseball game to play," Gaston said before receiving one of many standing ovations.

"He rocks the moustache better than anyone I've ever seen."

VERNON WELLS, ON CITO GASTON

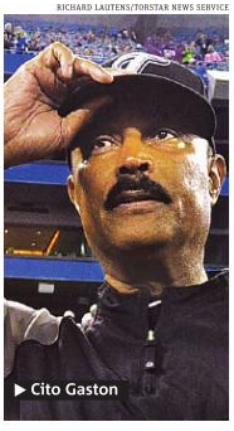
The Blue Jays pulled out all the stops for their "Thank You Cito" night, bringing back former stars George Bell, Pat Hentgen, Joe Carter and Devon White and compiling a video featuring Hank Aaron, Dusty Baker, Bud Selig, Roberto Alomar, Dave Winfield and Paul Molitor, among others.

Gaston's retirement after the current season was announced last winter, and his team has far exceeded expectations, entering yesterday's contest with an 81-76 record. After last night, Gaston had an all-time mark of 910-850 compiled in two stints as manager in the game.

The 66-year-old served as Blue Jays hitting coach from 1982 until he was promoted to manager in 1989. Gaston was in charge until his dismissal late in the '97 season, returning in June 2008 when John Gibbons was fired.

THE CANADIAN PRESS

RICHARD LAUTENS/TORSTAR NEWS SERVICE



▶ Cito Gaston

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
z-Tampa Bay	94	64	.595	—	—	5-5	L-1	49-32	45-32
z-New York	94	65	.591	½	—	4-6	L-1	52-29	42-36
Boston	87	71	.551	7	6½	5-5	L-2	44-34	43-37
Toronto	82	76	.519	12	11½	7-3	W-1	46-35	36-41
Baltimore	63	95	.399	31	30½	5-5	W-1	34-43	29-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	65	.586	—	—	4-6	L-5	52-25	40-40
Chicago	85	73	.538	7½	8½	6-4	W-2	42-35	43-38
Detroit	80	78	.506	12½	13½	6-4	L-3	52-29	28-49
Cleveland	68	91	.428	25	26	6-4	W-6	38-43	30-48
Kansas City	65	92	.414	27	28	5-5	W-2	36-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	88	70	.557	—	—	5-5	W-1	49-28	39-42
Los Angeles	78	80	.494	10	15½	6-4	W-3	43-38	35-42
Oakland	77	81	.487	11	16½	3-7	L-6	47-34	30-47
Seattle	61	97	.386	27	32½	5-5	L-1	35-42	26-55

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	95	64	.597	—	—	7-3	W-1	52-29	43-35
Atlanta	90	69	.566	5	—	5-5	W-3	55-23	35-46
New York	77	80	.490	17	12	3-7	L-1	45-31	32-49
Florida	77	81	.487	17½	12½	4-6	L-4	38-39	39-42
Washington	68	91	.428	27	22	6-4	L-1	41-40	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	88	70	.557	—	—	5-5	L-1	46-31	42-39
St. Louis	82	76	.519	6	7½	5-5	W-1	48-29	34-47
Houston	75	83	.475	13	14½	4-6	W-1	41-37	34-46
Milwaukee	74	83	.471	13½	15	5-5	W-1	40-41	34-42
Chicago	72	85	.459	15½	17	6-4	W-2	35-46	37-39
Pittsburgh	56	102	.354	32	33½	6-4	L-1	40-41	16-61

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	89	68	.567	—	—	6-4	W-2	46-30	43-38
San Diego	87	70	.554	2	2	5-5	L-3	44-35	43-35
Colorado	83	75	.525	6½	6½	1-9	L-4	52-29	31-46
Los Angeles	78	81	.491	12	12	6-4	W-3	43-35	35-46
Arizona	64	93	.408	25	25	5-5	L-1	40-41	24-52

z-clinched playoff berth; x-clinched division

AMERICAN LEAGUE

Yesterday's results
Toronto 8 N.Y. Yankees 4
Texas 6 Seattle 5
L.A. Angels 2 Oakland 1 (11 ings.)
Cleveland 4 Detroit 0 (1st game)
Baltimore 2 Tampa Bay 0
Cleveland 4 Detroit 3 (2nd game)
Chicago White Sox 5 Boston 2
Minnesota at Kansas City
Tuesday's results
N.Y. Yankees 6 Toronto 1
Detroit at Cleveland (ppd., rain)
Tampa Bay 5 Baltimore 0
Seattle 3 Texas 1
Chicago White Sox 5 Boston 4
Kansas City 10 Minnesota 1
L.A. Angels 4 Oakland 2
Tonight's games
(All times Eastern)
Detroit (Bonderman 8-9) at Baltimore (Guthrie 10-14), 7:05 p.m.
L.A. Angels (Kazmir 9-15) at Texas (Cl.Lee 12-9), 8:05 p.m.
Boston (Lester 19-8) at Chicago White Sox (Danks 14-11), 8:10 p.m.
Tampa Bay (Garza 15-9) at Kansas City (Greinke 9-14), 8:10 p.m.
Toronto (Sh.Hill 1-2) at Minnesota (Liriano 14-9), 8:10 p.m.
Oakland (G.Gonzalez 14-9) at Seattle (Fister 6-13), 10:10 p.m.

NATIONAL LEAGUE

Yesterday's results
St. Louis 4 Pittsburgh 1
L.A. Dodgers 7 Colorado 6
Milwaukee 8 N.Y. Mets 7 (1st game)
Atlanta 5 Florida 1
Philadelphia 7 Washington 1
Houston 2 Cincinnati 0
Milwaukee at N.Y. Mets (2nd game)
Chicago Cubs at San Diego
Arizona at San Francisco
Tuesday's results
Washington 2 Philadelphia 1
Atlanta 3 Florida 2
Cincinnati 3 Houston 2
N.Y. Mets 4 Milwaukee 3
Pittsburgh 7 St. Louis 2
L.A. Dodgers 9 Colorado 7
Chicago Cubs 5 San Diego 2
San Francisco 4 Arizona 2
Today's games
(All times Eastern)
Arizona (Enright 6-6) at San Francisco (Bumgarner 6-6), 3:45 p.m.
Chicago Cubs (Gorzelanny 7-9) at San Diego (Garland 14-12), 6:35 p.m.
Houston (Myers 14-7) at Cincinnati (Arroyo 16-10), 7:10 p.m.
Milwaukee (Narveson 11-9) at N.Y. Mets (Gee 2-1), 7:10 p.m.
Pittsburgh (Duke 8-14) at Florida (Volstad 11-9), 7:10 p.m.
Colorado (Hammel 10-8) at St. Louis (C.Carpenter 15-9), 8:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	90	69	.566	-
San Diego	87	70	.554	2.0

AMERICAN LEAGUE

BLUE JAYS 8, YANKEES 4

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	4	1	2	0	Snider lf	5	1	2	2
Swisher rf	5	0	2	0	YEscor ss	4	1	2	0
Teixeir 1b	5	0	1	0	JBautst rf	4	0	0	0
ARdrgz 3b	5	1	1	2	V.Wells cf	4	1	2	0
Cano 2b	4	1	0	0	Overay 1b	3	1	0	0
Thams dh	4	0	1	0	A.Hill 2b	3	2	2	4
Kearns lf	3	1	0	0	Lind dh	4	0	1	0
Cervelli c	3	0	3	1	J.Buck c	4	1	2	1
Golson cf	4	0	1	1	JMcDnl 3b	4	1	1	1
Totals	**37**	**4**	**11**	**4**	**Totals**	**35**	**8**	**12**	**8**
New York					000	003	001	4	
Toronto					120	130	10x	8	

E—A.Rodriguez (7). DP—New York 2, Toronto 1. LOB—New York 10, Toronto 5. 2B—Teixeira (35), Jo.McDonald (9). HR—A.Rodriguez (30), Snider (13), A.Hill (26), J.Buck (20). SB—V.Wells (6).

	IP	H	R	ER	BB	SO
New York						
Vazquez L,10-10	4 2-3	10	7	7	2	0
Ring	1-3	0	0	0	0	0
D.Robertson	1	1	0	0	0	0
Chamberlain	1	1	1	0	0	2
Mitre	1	0	0	0	0	3
Toronto						
Cecil W,15-7	5 1-3	9	3	3	1	2
Frasor H,14	1 2-3	1	0	0	0	0
Camp	1	0	0	0	1	0
Carlson	0	1	1	1	1	0
Gregg	1	0	0	0	0	0

T—3:05. A—33,143 (49,539) at Toronto.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	13	7	6	35	29	45
New York	26	13	8	5	34	27	44
Kansas City	25	9	10	6	29	30	33
Toronto FC	26	8	11	7	26	31	31
Philadelphia	25	7	12	6	30	39	27
Chicago	24	6	10	8	28	32	26
New England	26	7	14	5	28	45	26
D.C. United	26	5	18	3	18	42	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	26	15	6	5	38	21	50
Real Salt Lake	26	13	4	9	39	17	48
FC Dallas	26	11	2	13	36	22	46
San Jose	24	11	7	6	28	25	39
Seattle	26	11	9	6	31	29	39
Colorado	25	10	7	8	33	25	38
Houston	26	7	14	5	35	45	26
Chivas USA	25	7	14	4	25	34	25

x — clinched playoff berth.
Last night's results
Philadelphia at Colorado
Chicago at San Jose
Saturday's games
(All times Eastern)
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.
Sunday's game
Los Angeles at Chivas USA, 8 p.m.

CHAMPIONS LEAGUE

Yesterday's results
First round
Group A
Inter Milan (Italy) 4 Werder Bremen (Germany) 0
Tottenham (England) 4 Twente (Netherlands) 1
Group B
Hapoel Tel Aviv (Israel) 1 Lyon (France) 3
Schalke (Germany) 2 Benfica (Portugal) 0
Group C
Glasgow Rangers (Scotland) 1 Bursaspor (Turkey) 0
Valencia (Spain) 0 Manchester United (England) 1
Group D
Panathinaikos (Greece) 0 Copenhagen (Denmark) 2
Rubin Kazan (Russia) 1 Barcelona (Spain) 1

NHL

PRE-SEASON

Last night's results
N.Y. Rangers 5 Detroit 1
Nashville 4 Atlanta 3
Philadelphia 3 N.Y. Islanders (ss) 1
Washington 4 Boston 1
Carolina at Florida (ppd., weather threat)
Toronto 4 Ottawa 3
Phoenix at Edmonton
Vancouver at San Jose
At Saskatoon, Saskatchewan
Calgary vs. N.Y. Islanders (ss)
Tonight's games
(All times Eastern)
Buffalo at Montreal, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Columbus at Minnesota, 8 p.m.
Colorado at Dallas, 8:30 p.m.
Tomorrow's games
Atlanta at Carolina, 1:30 p.m.
Toronto at Detroit, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Ottawa at N.Y. Rangers, 7 p.m.
Columbus at Washington, 7 p.m.
Tampa Bay at Florida, 7:30 p.m.
Pittsburgh at Chicago, 8:30 p.m.
Calgary at Edmonton, 9 p.m.
Vancouver at Anaheim, 10 p.m.

LEAFS 4, SENATORS 3

First Period
1. Toronto, Kulemin 5 (Caputi) 8:08 (pp)
2. Toronto, Kadri 1 (Beauchemin, Kaberle) 19:23 (pp)
Penalties — Rosehill Tor (fighting), Lessard Ott (instigating, fighting, misconduct) 3:00, Brent Tor, Michalek Ott (roughing) 5:35, Spezza Ott (slashing) 7:39, Armstrong Tor, Bass Ott (roughing), Butler Ott (hooking) 9:55, Smith Ott (hooking) 18:34, Sjostrom Tor (hooking) 19:54.
Second Period
3. Ottawa, Michalek 1 (Cowen, Carkner) 9:12
4. Ottawa, Campoli 1 (Foligno, Smith) 17:10
Penalties — Smith Ott (goaltender interference) 2:59, Holzer Tor, Carkner Ott (roughing) 4:51, Sjostrom Tor (tripping) 5:40, Gonchar Ott (hooking) 6:39, Rosehill Tor (interference, roughing), Beauchemin Tor, Kovalev Ott (fighting), Fisher Ott (high-sticking) 9:56, Caputi Tor, Smith Ott (roughing) 14:06, Holzer Tor (holding) 18:50.
Third Period
5. Ottawa, Alfredsson 1 (Campoli, Spezza) 1:06
6. Toronto, Kadri 2, 14:10
7. Toronto, Kessel 5 (Phaneuf, Kadri) 18:10 (pp)
Penalties — Foligno Ott (holding) 4:03, Butler Ott (elbowing) 9:54, Brent Tor (tripping) 14:45, Fisher Ott (holding) 16:47.
Shots on goal by

Toronto	6	6	5	17
Ottawa	7	12	6	25

Goal — Toronto: Giguere (W,1-0-1); Ottawa: Leclaire (L,0-2-0). **Power plays (goals-chances)** Toronto: 3-9; Ottawa: 0-5.
Attendance — 15,088 (19,153) at Ottawa.

LATE TUESDAY

CANUCKS 3, SHARKS 1

First Period
1. Vancouver, Samuelsson 1 (H. Sedin, D. Sedin) 5:25 (pp)
2. Vancouver, Raymond 1 (R. Keslerm K. Bieksa) 11:02
Penalties - Mitchell SJ (tripping) 4:46, Bolduc Vcr (tripping) 6:34, H. Sedin Vcr (hooking) 12:11, Lilja SJ (slashing) 14:38, Bieksa Vcr (slashing) 16:35.
Second Period
3. Vancouver, Tambellini 1 (J. Hansen, M. Malhotra) 7:56
4. San Jose , Dany Heatley 1 (D. Boyle, P. Marleau) 16:19
Penalties - McGinn SJ (tripping) 4:54, Murray SJ (fighting) Glass Vcr (fighting) 8:26. Murray SJ (unsportsmanlike, instigator, fighting, misconduct) Glass Vcr (fighting) 8:26.
Third Period — No scoring.
Penalties - Moore SJ (interference) 1:58, Samuelsson Vcr (hooking) 12:35.
Shots on goal by:

San Jose	9	2	13-24
Vancouver	5	13	4-22

Goal - San Jose: Niemi (L, 0-1-0); Vancouver: Schneder (W, 1-2). **Power plays (goals-chances)** - San Jose: 0-4; Vancouver: 1-6.
Attendance - 18,860 at Vancouver

NFL

WEEK 4

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	0	0	1.000	66	51
Green Bay	2	1	0	.667	78	47
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Sunday's games
Denver at Tennessee, 1 p.m.
Detroit at Green Bay, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Seattle at St. Louis, 1 p.m.
San Francisco at Atlanta, 1 p.m.
Baltimore at Pittsburgh, 1 p.m.
Carolina at New Orleans, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Houston at Oakland, 4:05 p.m.
Indianapolis at Jacksonville, 4:05 p.m.
Arizona at San Diego, 4:15 p.m.
Washington at Philadelphia, 4:15 p.m.
Chicago at N.Y. Giants, 8:20 p.m.
Monday's game
New England at Miami, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Montreal at Calgary, 9 p.m.
Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.
Sunday's game
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE — Reduced the three-game suspension of Baltimore RHP Alfredo Simon to two games for hitting Toronto OF Jose Bautista with a pitch after both teams were warned during Sunday's game.

BASKETBALL

NBA

LEAGUE OFFICE—Fined Washington owner Ted Leonsis $100,000 for unauthorized public comments regarding the league's collective bargaining negotiations.
GOLDEN STATE WARRIORS—Exercised their third-year contract option on G Stephen Curry for the 2011-12 season.
NEW JERSEY NETS—Waived F Andre Brown.

FOOTBALL

NFL

BALTIMORE RAVENS—Waived DE Trevor Pryce.
BUFFALO BILLS—Signed LB Chris Kelsay to a four-year contract extension through the 2014 season.
CAROLINA PANTHERS—Signed G Chris Morris.
HOUSTON TEXANS—Signed CB Karl Paymah. Waived CB Jamar Wall.
MIAMI DOLPHINS—Signed DL Robert Rose. Waived LB Erik Walden.
NEW YORK JETS—Signed RB Xavier Omon and G Chad Rinehart to the practice squad.

CFL

LEAGUE OFFICE—Fined Winnipeg coach Paul LaPolice $1,000 and DE Phillip Hunt, CB-KR Jovon Johnson and OL Ibrahim Khan undisclosed amounts for publicly criticizing officials following Friday's game against Montreal.

HOCKEY

NHL

BOSTON BRUINS—Assigned F Joe Colborne, F Zach Hamill, F Jeff LoVecchio, F Jeremy Reich, F Wyatt Smith and D Steven Kampfer to Providence (AHL).
CAROLINA HURRRICANES—Assigned F Zach Boychuk to Charlotte (AHL).
COLUMBUS BLUE JACKETS—Assigned F Matt Calvert, F Chad Kolarik, D Steven Delisle, D Cody Goloubef, D Brent Regner, D Theo Ruth, G Daren Machesney to Syracuse (AHL). Placed F Trevor Frischmon and D Jonathan Sigalet on waivers for the purpose of being assigned to Springfield. Returned F Oliver Gabriel to Portland (WHL).
DETROIT RED WINGS—Assigned G Thomas McCollum, D Travis Ehrhardt, D Sergei Kolosov, D Sebastien Piche, D Logan Pyett, F Willie Coetzee, F Ilari Filppula and F Jamie Tardif to Grand Rapids (AHL).
NEW JERSEY DEVILS—Assigned G Jeff Frazee to Albany (AHL). Returned D Eric Gelinas to Chicoutimi (QMJHL). Announced RW Marcus Nilson has returned to Sweden.
OTTAWA SENATORS—Reassigned G Mike Brodeur, G Barry Brust, D Andre Benoit, D Eric Gryba, D Geoff Kinrade, D Craig Schira, F Jason Bailey, F Erik Condra, F Corey Cowick, F Kaspars Daugavins, F David Dziurzynski, F Colin Greening, F Mike Hoffman, F Jim O' Brien, F Tim Spencer and F Roman Wick to Binghamton (AHL).
PITTSBURGH PENGUINS—Assigned F Brett Sterling, F Chris Conner, F Tim Wallace, F Nick Johnson, F Joe Vitale, D Corey Potter, D Steve Wagner, D Robert Bortuzzo, D Brian Strait, G John Curry and G Brad Thiessen to Wilkes-Barre/Scranton (AHL).
WASHINGTON CAPITALS—Recalled G Braden Holtby from Hershey (AHL).

AHL

GRAND RAPIDS GRIFFINS—Signed D Greg Amadio.

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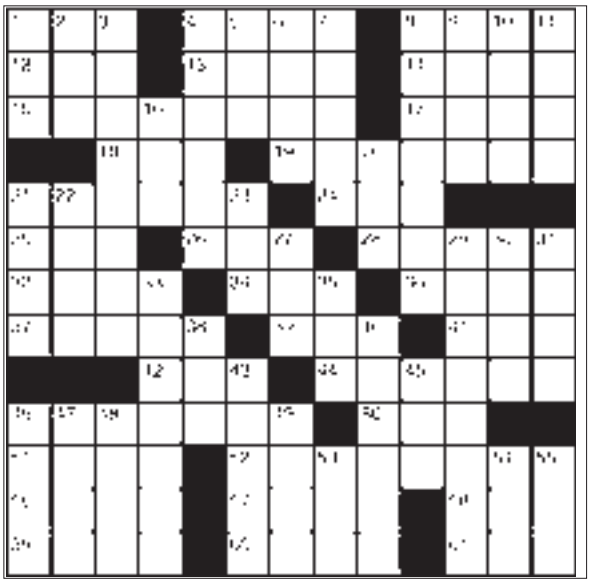
Crossword



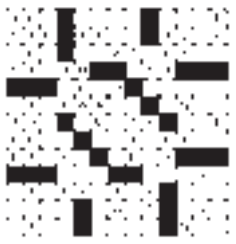
Across

1 Kennel call
4 Binges
8 Unkempt one
12 Zodiac feline
13 Out of the storm
14 Gambling game
15 Pigskin
17 2.54 centimeters
18 Three-man vessel?
19 Burn sluggishly
21 Exhibited ennui
24 Singer DiFranco
25 Punk-rock sub-genre
26 Tier
28 Tender
32 Coastal bird
34 Talk on and on
36 Ripped
37 Drew a tattoo?
39 Grand Cherokee, for ex.
41 Inseparable
42 Wahine's gift
44 Pigeon-holed
46 Pretend to sing
50 "Go, team!"
51 Sandwich treat
52 Explana-tory info
56 "— Free"
57 Took the shuttle
58 Torched
59 Responsibility
60 Pinnacle
61 "CSI" evidence

Down

1 TV alien
2 Old Oldsmobile
3 Fancy maneuvering
4 Talk on and on
5 Chicken-king link
6 Solidifies
7 Alabama city
8 Mountaintop access
9 Give for a while
10 Never again?
11 Physicist Niels
16 Large cask
20 Yoko of music
21 Bigfoot's cousin
22 "So be it"
23 Pooch
27 Existed
29 Sturdy place to stand
30 Sea eagle
31 Walter — Army Medical Center
33 1950s sitcom family
35 Clear the tables
38 Susan of "L.A. Law"
40 Whirlpool
43 Farther down the page
45 Scooted
46 Timber wolf
47 Press agent?
48 Indiana city
49 Hen pen
53 Praise in verse
54 Stannum
55 Greek vowel

▶ Yesterday's answer



Sudoku

9	7				8	4		
3			5	2				9
					4	8		
		2		8				7
	1						9	
7				6		2		
		7	4					
5				7	9			1
		4	3				5	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	5	2	8	1	6	4	7
4	7	6	5	9	3	2	1	8
2	1	8	7	6	4	9	5	3
6	3	1	9	2	7	4	8	5
9	8	7	4	3	5	1	6	2
5	2	4	8	1	6	7	3	9
8	5	2	6	4	9	3	7	1
7	6	3	1	5	2	8	9	4
1	4	9	3	7	8	5	2	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Carl, I always want to write you love notes because I can't keep all my lovin' inside. Here's another. You're the best! — **ANDY XO!**

To my love, Samantha. It has been almost three years and yet, there is no one else I would rather be with. You complete me. You are my everything. I can't wait to spend the rest of my life with you. **HAPPY ANNIVERSARY! LOVE MIKE**

Danny, my lovey bunny! I adored your kiss for me and I want to spread the love. You are my hunky lovebug and this has been the best month EVER! Wuv you babycakes! — **KAREN**

To Chip: my brown eyed squirrel. You are the love of my life, the Garcia to my Morgan. Living together is the best thing to ever happen to me. Forever Yours. **LOVE, ALEJANDRO XOXO**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you so upset that you made a mistake? Everyone gets it wrong occasionally, even an Aries, so stop beating yourself up about it and move on to the next thing.

♉ Taurus April 21-May 21 You may not see eye-to-eye with someone you work or do business with but what happens over the next 24 hours will help you understand why they think and act in certain ways..

♊ Gemini May 22-June 21 Because your opinions are so respected others seek you out to learn why certain things are taking place. But you cannot possibly know it all and what happens today may baffle you completely.

♋ Cancer June 22-July 22 Stick with what you know and trust. If you chop and change today you will most likely commit the kind of silly mistake you quite rightly laugh at others for making.

♌ Leo July 23-Aug.23 You will feel a powerful urge to let your instincts guide you, even though the direction they are pointing you in may be one you know next to nothing about. Don't fight it – go with it.

♍ Virgo Aug. 24- Sept. 22 You have a duty to tell it like you see it, even though you know that not everyone will appreciate your candor. Who is that duty to? It is to yourself and it is to the universe as a whole.

♎ Libra Sept. 23-Oct. 23 Attitude is everything now. If you are positive in your thinking and allow only loving and constructive emotions a place in your heart there really is nothing you cannot accomplish.

♏ Scorpio Oct. 24-Nov. 22 You have made more than enough concessions and cannot afford to indulge a friend's unreasonable demands any longer.

♐ Sagittarius Nov. 23-Dec. 21 Something that once was such a struggle is at last coming easy and you are right to make the most of the situation. But you must also take the time and make the effort to find out why it is going so well.

♑ Capricorn Dec. 22-Jan. 20 To make the most of your talents you need to bring other people in on your plans and let them help you find new ways to your goals. Not even a Capricorn can do it all on their own.

♒ Aquarius Jan. 21-Feb. 18 Do you believe in yourself? Not just a little bit but totally, absolutely, irrevocably? Most likely you still have a few doubts but you can overcome them today.

♓ Pisces Feb. 19-March 20 Some of the things that have been going on in your neighborhood have been strange to say the least, but none of it concerns you directly so don't get involved.

SALLY BROMPTON

Caption contest

SONU MEHTA, HINDUSTAN TIMES/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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